

Lampiran 3 : lembar data sampel

Kelompok perlakuan 1 (core stability exercise dan wobble board exercise)

Sampel	Usia	TB	BB	IMT	Frekuensi /minggu	Nilai Stabilitas BESS		
						Sebelum	Sesudah	selisih
1	23TH	174 CM	66 KG	21,85	5x	21	7	14
2	24 TH	165 CM	60 KG	22,05	5x	25	10	15
3	22TH	175 CM	71 KG	20,91	3x	19	5	14
4	19 TH	175 CM	64 KG	23,20	4x	21	6	15
5	22TH	171 CM	68 KG	23,28	3x	20	6	14
6	20 TH	170 CM	75 KG	25,95	3x	22	8	14
7	19 TH	175 CM	80 KG	26,14	4x	20	5	15
8	23TH	160 CM	54 KG	21,09	3x	19	6	13
Mean±SD						20,87±1,95	6,62±1,68	14,25±0,70

Kelompok perkalian 2 (square hop exercise dan wobble board exercis)

Sampel	Usia	TB	BB	IMT	Frekuensi /minggu	Nilai Stabilitas BESS		
						Sebelum	Sesudah	selisih
1	22 TH	170 CM	60 KG	20,76	3x	21	7	14
2	22 TH	172 CM	67 KG	23,10	4x	25	14	11
3	21 TH	168 CM	55 KG	19,50	4x	23	10	13
4	21 TH	170 CM	70 KG	24,22	5x	22	10	12
5	21 TH	168 CM	64 KG	22,69	4x	19	5	14
6	23 TH	172 CM	65 KG	22,03	3x	21	10	11
7	22 TH	176 CM	70 KG	22,65	3x	21	8	13
8	22 TH	166 CM	62 KG	22,54	3x	21	10	11
Mean±SD						21,62 ±1,76	9,25 ±2,65	12,37 ±1,39